THE

WATER-CURE JOURNAL,

AND

HERALD OF REFORMS.

OBJECTS:

THIS JOURNAL IS DEVOTED TO THE PHILOSOPHY AND PRACTICE OF HYDROPATHY; EMBRACING THE TRUE PRINCIPLES OF HEALTH AND LONGEVITY, TOGETHER WITH DIRECTIONS FOR THE APPLICATION OF WATER, AIR, EXERCISE, AND DIET TO THE VARIOUS DISEASES BY WHICH WE ARE AFFLICTED.

VOLS. VII. AND VIII.

18513

NEW-YORK:
FOWLERS AND WELLS, PUBLISHERS,
CLINTON HALL, 129 AND 131 NASSAU STREET.
1849.

"MEDICAL MEN MUST examine into the WATER TREATMENT, and draw from its list of means remedies against some diseases at least."—*Dr. Forbes, Editor of the British and Foreign Medical Review.*

"The object of this work is to teach people how to prolong life. It is, indeed, what it claims to be, a journal of health, from which all may derive much valuable information."

Horace Hope, M. D.

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